

Vegetables and fruits	85% of breast cancer occurs w/o family history	Breast Cancer	Quit using tobacco	Malignant
Benign	Stress reduction	Once a Month	African Americans	Plastic Surgeon
Self-breast exam	Weight control	FREE	Age 40	Early detection
Family history	Radiologist	Males	Chemotherapy	Mastectomy
Breastfeed if you can	Avoiding menopausal hormones	Oncology	Yearly mammograms	Biopsy

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Breast Cancer	Yearly mammograms	Malignant	Avoiding menopausal hormones	Plastic Surgeon
Family history	Age 40	FREE	Early detection	85% of breast cancer occurs w/o family history
Chemotherapy	Oncology	Vegetables and fruits	Biopsy	Radiologist
Males	Mastectomy	Self-breast exam	Stress reduction	Breastfeed if you can

Avoiding menopausal hormones	Oncology	African Americans	Mastectomy	Age 40
Vegetables and fruits	Family history	Males	Stress reduction	Malignant
Self-breast exam	Biopsy	FREE	Radiologist	Chemotherapy
Weight control	Plastic Surgeon	Quit using tobacco	Yearly mammograms	Breast Cancer
Early detection	85% of breast cancer occurs w/o family history	Once a Month	Benign	Breastfeed if you can